



# 40 Day Meditation Challenge

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

- |                                |                                 |                                 |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 9  | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 25 | <input type="checkbox"/> Day 33 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 26 | <input type="checkbox"/> Day 34 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 27 | <input type="checkbox"/> Day 35 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 28 | <input type="checkbox"/> Day 36 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 21 | <input type="checkbox"/> Day 29 | <input type="checkbox"/> Day 37 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 22 | <input type="checkbox"/> Day 30 | <input type="checkbox"/> Day 38 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 23 | <input type="checkbox"/> Day 31 | <input type="checkbox"/> Day 39 |
| <input type="checkbox"/> Day 8 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 24 | <input type="checkbox"/> Day 32 | <input type="checkbox"/> Day 40 |

Why am I doing this?